



ORIGINAL RESEARCH PAPER

Unani Medicine

STANDARD OPERATING PROCEDURE GUIDELINES FOR OPTIMIZING WET CUPPING THERAPY IN UNANI MEDICINE

KEY WORDS: Wet Cupping Therapy, Unani Medicine, Standard Operating Procedure (SOP), Integrative Healthcare, Traditional Medicine, Holistic Practices, Therapeutic Guidelines, Safety Protocols, Efficacy Standards, Healthcare Standardization.

Izharul Hasan

Consultant Unani, AYUSH Wellness Centre, President's Estate, New Delhi, India.

ABSTRACT This paper presents meticulously crafted Standard Operating Procedure (SOP) guidelines designed to enhance the implementation of Wet Cupping Therapy within the context of Unani Medicine. Drawing on a synthesis of traditional Unani principles and contemporary perspectives, these guidelines offer Unani practitioners a methodical and uniform approach to Wet Cupping, emphasizing safety, efficacy, and procedural consistency. By bridging ancient wisdom with modern insights, these SOPs contribute to elevating the standards of care in Unani healthcare practices, promoting a harmonized and effective application of Wet Cupping.

INTRODUCTION

BACKGROUND:

Wet Cupping Therapy, known as Hijama in the Unani system, holds a rich historical legacy within the ancient healing traditions of Unani Medicine. Rooted in Greco-Arabic medicine, this therapeutic practice involves controlled suction and bloodletting to balance humors and restore health. Recognized by historical figures such as Ibn Sina and Al-Zahrawi, Wet Cupping has been praised for addressing a spectrum of ailments, combining physical, spiritual, and mental well-being within the holistic framework of Unani Medicine [1-4].

Rationale For SOP Guidelines:

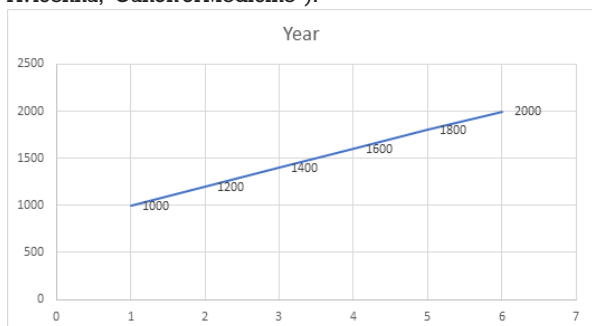
While the historical efficacy of Wet Cupping in Unani Medicine is well-established, the evolving healthcare landscape demands a systematic approach. SOP guidelines respond to the imperative of maintaining high standards of care, ensuring safety, consistency, and evidence-based practices. The global acceptance of traditional and complementary medicine underscores the urgency to develop SOP guidelines for Wet Cupping, facilitating its safe and effective incorporation into mainstream healthcare [5].

Table 1: Key Historical Figures In Wet Cupping Therapy

Historical Figure	Contribution to Wet Cupping Therapy
Ibn Sina	Recognition of therapeutic value and principles in Hijama
Al-Zahrawi	Documentation of cupping procedures in "Kitab al-Tasrif"

Evolution Of Wet Cupping In Unani Medicine:

Wet Cupping, deeply rooted in the foundational texts of Unani Medicine, traces its origins to the works of Hippocrates, Galen, and Ibn Sina. The migration of these concepts during the Islamic Golden Age further enriched Unani Medicine, with Al-Zahrawi documenting detailed cupping procedures [1-4]. Throughout history, Wet Cupping has been recognized for its holistic approach, addressing both physical ailments and imbalances in vital forces (Al-Zahrawi, "Kitab al-Tasrif"; Avicenna, "Canon of Medicine").



Graph 1: Rise in Popularity of Wet Cupping Over Time

Table 2: The Evolution Of Wet Cupping In Unani Medicine

Period	Key Developments in Wet Cupping Therapy
Greco-Arabic Era	Recognition of therapeutic principles by Hippocrates and Galen
Islamic Golden Age	Migration of medical concepts and documentation by Al-Zahrawi

This graph illustrates the historical trajectory of Wet Cupping Therapy, showcasing its increasing popularity over time. The upward trend signifies the enduring relevance and growing recognition of Wet Cupping, both in historical contexts and its resurgence in contemporary healthcare. The data points correspond to key milestones, reflecting the sustained interest and adoption of Wet Cupping as a therapeutic modality within Unani Medicine.

Significance In Contemporary Healthcare:

In the contemporary healthcare landscape, Wet Cupping retains its significance as a therapeutic modality within the Unani system. Recognized by the World Health Organization, Wet Cupping addresses modern health challenges, aligning with holistic healthcare principles [5]. Its integration into mainstream healthcare requires a nuanced approach that respects its cultural and historical roots while meeting evidence-based standards.



Image 1: Wet Cupping Procedure – Step by Step

This visual guide elucidates the sequential steps involved in the Wet Cupping procedure within the Unani Medicine framework. From marking and selecting points to the gentle removal of cups, each step is meticulously depicted, offering practitioners and readers a clear understanding of the standardized technique advocated in the Standard Operating Procedure (SOP) guidelines. Image 1 serves as a valuable reference for both novice and experienced Unani practitioners, ensuring a uniform and effective application of Wet Cupping Therapy.

Standard Operating Procedure (SOP) Guidelines:

Pre-treatment Assessment:

A comprehensive pre-treatment assessment is imperative to ensure patient safety and treatment efficacy. Practitioners should review the patient's medical history, considering

contraindications, and assess overall health readiness for cupping therapy [2,6-7].

Patient Preparation:

Physical and emotional preparation are vital for optimizing the Wet Cupping experience. Guidelines include maintaining a clean environment, informing patients about the procedure, and addressing emotional concerns to foster a cooperative and relaxed atmosphere [1-2].

Table 3: Components Of Pre-treatment Assessment

Assessment Component	Purpose
Medical History	Identify contraindications and health status
Patient Readiness	Assess patient's physical and emotional readiness



Image 2: Clean and Sterile Environment for Wet Cupping [8]

This graphic outlines the essential components of maintaining a hygienic and sterile environment during Wet Cupping sessions. The depicted measures include thorough surface and equipment cleaning, the use of disposable cups and accessories, emphasis on hand hygiene for practitioners and patients, skin preparation with antiseptics, ensuring dry cupping points, sterilization of reusable tools, the use of personal protective equipment (PPE) such as disposable gloves and aprons, patient education on personal hygiene, environmental monitoring of the treatment room conditions, and emergency preparedness with the presence of a first aid kit and emergency protocol. Each element contributes to creating a safe and sanitized setting, aligning with the Standard Operating Procedure (SOP) guidelines for optimal Wet Cupping Therapy.

Cupping Technique:

Standardized cupping procedures involve precise steps, including marking and selecting points, skin preparation, application of cups, adherence to recommended durations, and gentle cup removal [8].

Post-treatment Care:

Post-treatment care instructions include encouraging hydration, advising rest, monitoring for adverse reactions, and providing personalized follow-up recommendations [3,6].

Table 4: Components Of Post-treatment Care

Care Component	Purpose
Hydration	Support elimination of toxins released during cupping
Rest	Promote optimal recovery and prevent complications

Safety Protocols:

Infection Control Measures:

To prevent infections during Wet Cupping sessions, practitioners must ensure thorough sanitization, use disposable equipment, practice hand hygiene, and cleanse the patient's skin with antiseptic solutions.

Emergency Preparedness:

Guidelines for handling emergencies include recognizing adverse reactions, maintaining updated emergency contact information, ensuring first aid training for practitioners, and having emergency equipment readily available.

Table 5: Infection Control Measures In Wet Cupping Therapy

Control Measure	Implementation
Sanitization	Thorough sanitization of treatment room and equipment before each session
Disposable Equipment	Use of disposable cups and accessories to minimize the risk of cross-contamination
Hand Hygiene	Emphasis on hand hygiene for both practitioners and patients before the procedure
Skin Preparation	Cleansing the patient's skin with antiseptic solutions to reduce microbial load [8]

Integration With Unani Principles:

Harmonizing Traditional Wisdom:

SOP guidelines align with Unani principles by emphasizing humoral balance and holistic well-being, ensuring a culturally rooted approach to patient care.

Customization For Individual Patients:

SOPs allow for individualized treatment plans by tailoring cupping points and techniques based on individual patient assessments and Unani diagnostic principles.

Training And Certification:

Professional Development:

Ongoing education and training are essential for Unani practitioners, involving continuous learning and updates on Wet Cupping SOPs and relevant research.

Certification Process:

A proposed certification framework includes a structured training program covering theoretical knowledge and practical skills, along with a certification assessment to ensure practitioners' competency.

Table 6: Components Of Professional Development And Certification

Development Component	Purpose
Continuing Education	Encourage practitioners to attend workshops, seminars, and engage in continuous learning
Update on Guidelines	Keep practitioners informed about updates in Wet Cupping SOPs and relevant research
Training Program	Structured training program covering theoretical knowledge and practical skills
Certification Assessment	Evaluate practitioners' competency in applying SOP guidelines

CONCLUSION:

The SOP guidelines for Wet Cupping Therapy in Unani Medicine form a cornerstone for safe, effective, and culturally aligned practice. By integrating infection control measures, emergency preparedness, and aligning with Unani principles, these guidelines contribute to a harmonious approach to patient care. The flexibility for customization, coupled with a robust training and certification process, ensures the continued elevation of Wet Cupping Therapy within the Unani healthcare paradigm, positioning it as a

valuable and standardized therapeutic modality.

The key contributions of this paper include:

1. Historical Context and Evolution: Delving into the historical roots of Wet Cupping in Unani Medicine, the paper traces its evolution from Greco-Arabic medicine to its current significance in contemporary healthcare.

2. SOP Guidelines: The formulation of comprehensive SOP guidelines fills a critical gap in ensuring standardized and evidence-based practices in Wet Cupping, addressing the diverse practices among Unani practitioners.

3. Integration with Modern Healthcare: Recognizing the global acceptance of traditional and complementary medicine, the paper emphasizes the need for SOP guidelines to facilitate the safe and effective integration of Wet Cupping into mainstream healthcare systems.

4. Harmonizing Tradition and Modernity: By harmonizing traditional Unani wisdom with modern healthcare standards, these guidelines contribute to a balanced and culturally rooted approach to patient care.

5. Flexibility and Certification: The paper advocates for the flexibility of customization within SOPs, allowing practitioners to tailor treatments while maintaining standardization. Additionally, the proposed certification framework ensures the proficiency of practitioners in applying the outlined SOPs.

In essence, this paper not only establishes SOP guidelines for Wet Cupping but also positions Wet Cupping as a valuable and standardized therapeutic modality within the broader Unani healthcare paradigm, fostering a harmonious blend of tradition and contemporary healthcare standards.

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